

HEALTHY FOODS AND  
HELPFUL ADVICE  
FOR YOU AND YOUR BABY.



THAT'S WHAT WIC  
IS ALL ABOUT.

## GIVE YOUR BABY YOUR BEST.

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Every mother wants to do what's best for her baby. WIC is here to help you do just that.

It all begins with you. You must be healthy to take care of your newborn. Your WIC nutritionist will teach about the foods and rest you need to regain your energy and feel good again.

WIC PROVIDES  
YOU THESE  
DELICIOUS  
FOODS MONTHLY  
AT NO COST:

- milk
- eggs
- cheese
- iron-fortified cereal
- juice
- dried beans, peas or peanut butter
- tuna (breastfeeding exclusively)
- carrots (breastfeeding exclusively)



Enjoy these WIC foods for up to a year if you're breastfeeding and for six months if you're not breastfeeding.



HERE'S WHAT  
WIC PROVIDES  
YOUR BABY.

First, WIC counselors help you decide how you will feed your newborn. Nature provides a special bond between mothers

and babies — the ability of the mother to supply the perfect food for her baby.



Breast milk helps protect babies against illness and disease. Would you like to know how breastfeeding can fit into your life? Many women have questions until they talk with our Loving Support

counselors. Loving Support team members have breastfed their own babies and know the frustrations as well as the many rewards. Every day, they help women just like you gain the knowledge and confidence to give their babies the very best nutrition they can: their own breast milk.

If you choose not to breastfeed, WIC will provide iron-fortified formula for your baby until age 12 months. Additionally, we'll teach you how to feed your baby for healthy development and when to begin cereals, soft foods and juices. WIC also provides:

- iron-fortified infant cereal
- infant fruit juices

As your baby's first birthday approaches, you can see a WIC nutritionist at no cost to see if your baby can continue on WIC. WIC serves qualified children until age 5, educating their moms on the foods growing children should and shouldn't eat, how much they should weigh for their height, and providing a monthly food package for each eligible child in the family.



# VALUABLE NUTRITION EDUCATION FOR BETTER HEALTH, PLUS GOOD FOODS THAT ARE GOOD FOR YOU AND YOUR BABY — ALL AT NO COST.

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- WIC is a supplemental nutrition program for Women, Infants and Children who have a need based on income and nutritional risk. WIC helps many working women as well as those who receive other kinds of assistance.
- If you received WIC nutritional counseling and foods during your pregnancy, you and your baby can continue on WIC. To be sure you don't lose a month of your eligibility, call your local Health Department and follow the instructions you receive.
- If you have not applied for WIC before, are about to deliver or have just given birth, call your local Health Department immediately. Tell the WIC clerk your household income and how many people live in your home. If you meet income guidelines you'll be given an appointment for your WIC check up. This appointment is very important in helping you begin to receive WIC foods and nutritional tips at no cost. If you can't keep your appointment, please call to cancel and reschedule.

## GET WIC - IT'S WORTH IT!

Have a friend or family member who needs WIC?  
Please pass along this brochure.



**MISSISSIPPI STATE DEPARTMENT OF HEALTH**

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